

BLACK COLLEGE SPORTS PAGE



Norfolk State Sports photo

APRIL MOVES, AWARDS

NORFOLK STATE RICHES: Spartan wins dunk title (Ings, above), Henson Award (Moore), All-Star game MVP (Johnson), and Spartans get a new women's basketball coach (Woods).

JACKSON MOVES FROM GRAMBLING TO ALABAMA A&M; HBCU NFL ALL-PRO ARMSTEAD RETIRES; UFL UPDATE

Hoops News

Donte' Jackson leaves Grambling State to take over Alabama A&M men's hoops

HUNTSVILLE, ALA – **Alabama A&M University** President **Dr. Daniel K. Wims** and Director of Athletics **Dr. Paul A. Bryant** welcomed new AAMU head men's basketball coach **Donte' Jackson** during an introductory press conference on Thursday afternoon at the AAMU Event Center.

Jackson, who has compiled a 263-185 career record in 15 seasons, is a three-time **Southwestern Athletic Conference (SWAC)** Coach of the Year honoree, guiding **Grambling State** to three regular season conference titles in eight seasons, including a trip to the 2024 NCAA Division I Men's Basketball Tournament.

"We welcome a coach with an outstanding resume, one that has won at the highest levels," Dr. Bryant said.

"I'm incredibly thankful to Dr. Wims and Dr. Bryant for this opportunity," Jackson said. "I am excited to be on The Hill and look forward to bringing a winning culture to this outstanding institution. I'm a program builder. It's time to build this program into one of the best programs in the SWAC, the state, the region and the nation. It's time to build something that Bulldog Nation can be proud of. It's time to build a winner, a championship program that can compete for titles each year.

"My wife and myself needed a change of scenery. After a lot of deep, thoughtful discussions, tough conversations, we decided to hit the reset button," he said. "We needed the opportunity to refocus for our purpose, refocus to build a brand new program into a championship contender. And we just needed to change the scenery."

Prior to Grambling, Jackson coached at **Stillman** for three seasons, where he led the Tigers to an NCAA Division II second-round appearance in 2016, and his alma mater **Central State**.

Norfolk State hires Jermaine Woods as its next women's basketball coach

NORFOLK, Va. – Following a national coaching search, **Norfolk State University** announced on Friday that **Jermaine Woods** will become the seventh head coach of the school's women's basketball program, pending Board of Visitors approval.

A proven leader with experience at several Power Four institutions, Woods will take over the reins of a distinguished group that produced 30 wins during the 2024-25 campaign under former head coach **Larry Vickers** who left to take over the program at Auburn.

Norfolk State held a press conference to formally introduce Woods as head coach at 2 p.m. on Monday, Apr. 7.

Woods comes to Norfolk State after three seasons as the head coach at **Coppin State**, leading the Eagles to their winningest season in over a decade. The Eagles secured an appearance in the WNIT Tournament, defeating Saint Joseph's in the first round for the program's second-ever postseason victory.

"We are very excited to welcome Jermaine Woods to the Norfolk State family to lead our women's basketball program," NSU Director of Athletics **Dr. Melody Webb** said. "Coach Woods' extensive experience as a head coach, recruiter, and leader has demonstrated his ability to elevate programs to new levels. I am confident that his skills will translate seamlessly to this team, continuing the historic trajectory these young women have set in place. I look forward to watching the Norfolk State community embrace Coach Woods and his family as he steps into this role."

A Chesapeake native and Norfolk State alumnus, Woods boasts 23 years of coaching experience, bringing a wealth of knowledge to the Norfolk State women's basketball program. Woods' journey has included significant time at several ACC institutions (Wake Forest and Virginia Tech), as well as a stint close to home at Old Dominion.

"I am thrilled to return home and lead such a distinguished program at Norfolk State University," Woods said. "I want to thank Dr. Webb for this tremendous opportunity and Dr. Adams-Gaston for her belief and support. This program has surged into the national spotlight, building a winning culture through a consistent and unwavering standard. I cannot wait to meet the team and get to work."

Woods has coached numerous players to extraordinary success while at Coppin State, guiding four players to All-MEAC First Team selections

as well as one All-MEAC Second Team honoree. Woods coached two MEAC Defensive Players of the Year and one MEAC Sixth Player of the Year, cementing himself as one of the best developers of talent in the conference.

Woods spent three seasons as an assistant coach and recruiting coordinator at Wake Forest, specializing in working with players at the guard position. In his final season with the Demon Deacons, he helped lead the team to a pair of ACC Tournament wins and its first .500+ season since the 2016-17 campaign.

Woods worked as an assistant coach and recruiting coordinator for two seasons at Old Dominion prior to his time in Winston-Salem. He helped build the Monarchs' star studded 2016 class, highlighted by an ESPN top 100 prospect.

Woods got his NCAA Division I coaching start at Virginia Tech where he recruited the No. 19 ranked class by ESPNW, marking the highest rated recruiting class in program history at the time.

As a player, Woods spent one season at Belmont Abbey College before playing his final three seasons at Christopher Newport University. A D3Hoops.com All-American and two-time All-South region selection, Woods was named the league's Newcomer of the Year and broke the school's 3-point record as a junior and broke the school's 3-point record in back-to-back seasons.

Norfolk State's Ings Soars to State Farm College Slam Dunk Championship title

SAN ANTONIO, Texas – **Norfolk State** guard **Christian Ings** put on a show on national television, winning the *State Farm College Slam Dunk Championship* at the Frost Bank Center on Thursday night.

Airing live on ESPN, Ings showed no fear on the bright stage. The graduate student used a pass from Creighton's Steven Ashworth off the side off the backboard, corraling and slamming it down emphatically with one hand.

The dunk earned Ings a perfect score of 40 in the first round.

Waiting over 30 minutes for his next opportunity, Ings couldn't get his first two attempts to fall on the next opportunity. He eventually beat the buzzer, doing a 360-spin in the air for a score of 32.

Ings kept it going with his second semifinal dunk, third overall. Throwing himself a lob in the middle of the paint, he rose up for a windmill that brought flashbacks to one of his viral moments from the 2024-25 season.

Saving the best for last, Ings gave the crowd the closing act it had waited all night to see. Ings needed just one attempt for this one, jumping over 6-8 Iowa forward Payton Sandfort to bring the house down.

Norfolk State's Brian Moore Jr. Receives Lou Henson Award as Top Mid-Major Player

NORFOLK, Va. – **Norfolk State** men's basketball guard **Brian Moore Jr.** earned possibly the most impressive accolade of his career on Tuesday afternoon, receiving the *Lou Henson Award* from CollegeInsider.com.

The award recognizes the top mid-major player in college basketball. Norfolk State is only the second school to have multiple players win the Lou Henson Award – NSU's **Kyle O'Quinn** received the recognition in 2012.

Moore took the MEAC by storm in his first season with the Spartans after transferring from Murray State. The Harlem, N.Y. product averaged 18.1 points, 3.7 rebounds, and 3.0 assists per game while shooting 54.5 percent from the floor and 39.4 percent from behind the arc. He was the only guard in the nation to average at least 18.0 points per game while shooting 54.0 percent from the field or better (min. 20 games played).

Leading the Spartans to their fourth-ever MEAC Tournament title, Moore took home the MEAC Tournament Most Outstanding Player Award.

The Lou Henson award honors the former Illinois and New Mexico State head coach who won 775 games in 41 seasons.

Coach Henson is the winningest coach in Illinois basketball history with 423 victories. During his 21 seasons (1975-1996), Henson led the Fighting Illini to 16 postseason appearances, including 12 NCAA tournaments and a Final Four appearance in 1989.

UNDER THE BANNER

WHAT'S GOING ON IN AND AROUND BLACK COLLEGE SPORTS



HBCU All-Star Game Photo

LADY LEGENDS: HBCU Legends Yolanda Laney (l.) and Patricia Hoskins (r.) join host Symone Stanley (c.) at the 2025 Women's HBCU All-Star Game. "It's great," Yolanda Laney said in her halftime interview. "Live action, and you get to see the younger generation play and compete. I never had this opportunity when I was playing. And just to see them out here. To see this continue to build each year, it's fantastic."

DOWN-TO-THE-WIRE DECISIONS IN HBCU ALL-STAR GAMES AT FINAL FOUR:

SAN ANTONIO, TX – The outcomes of the fourth annual HBCU Men's All-Star Game and first-ever HBCU Women's All-Star Game here Sunday at Freeman Coliseum were the same – two points.

In the men's game, televised live on the CW Network, Team **Bob Love** defeated Team **Al Attles** 94-92 as CCAA Player of the Year **Jordan Hinds** of **Bluefield State** had the game-winning layup for the team of CCAA and SWAC all-stars.

In the historic first women's game that followed, **Allen** guard **Taliah Wesley** knocked down a 3-pointer with 4.8 seconds left to give Team **Yolanda Laney** of **SIAC** and **MEAC** all-stars a 75-73 win over Team **Patricia Hoskins**.

With the score tied at 92, Hinds, the CIAA's scoring leader at 20.3 points per game, took matters into his own hands, driving down the court and into the paint to score the game-winning layup. Hinds was named the 2025 HBCU Men's All-Star Player of the Game, scoring 14 points and grabbing four rebounds for Team Love.

Wesley, the SIAC scoring leader at 17.5 points per game for the Yellow Jackets this season, canned the trey despite absorbing contact as she launched the shot from the right side. **Virginia Union** forward **Taniyah Greene** scored 15 points and pulled down seven rebounds, to earn player of the game honors.

NORFOLK STATE'S DIAMOND JOHNSON MVP IN ALL-STAR CLASSIC:

TAMPA BAY (April 5, 2025) – The 2025 Lilly Women's College All-Star Game showcased 20 of the best women's college basketball players in the nation on Saturday afternoon, where, in front of a sold out crowd and an ESPN2 national television audience, Team Miller defeating Team Lieberman, 71-59.

In a game of all-stars, it was **Diamond Johnson** from **Norfolk State** who earned Most Valuable Player honors. The guard scored 17 of her game-high 21 points in the second half, going 9-of-13 from the field, including a pair from beyond the arc.

"If it wasn't for my teammates, I wouldn't have accomplished what I did," said the MEAC Player of the Year. Johnson added four rebounds and a pair of steals. The opportunity was given to us," Johnson said, "to showcase our talent to see what we can do on and off the court. I am just so grateful for this. So grateful."

The event, taking place during the women's national championship weekend, was held at Hillsborough Community College in downtown Tampa. The event demonstrated the passion of the game, and the long lineage of star players.

The McLendon Foundation, named for HBCU coaching legend **John McLendon**, is a strategic partner also involved in the event. Its mission is to create access and opportunities for historically excluded talent who aspire to impact the sports industry. McLendon, who spent nearly 30 years in coaching, concluded his college coaching career at Cleveland State after stints as head coach at **Hampton, N. C. Central, Tennessee State** and **Kentucky State**.

McLendon was also the first African-American head coach in professional basketball when he led the Cleveland Pipers of the American Basketball League (ABL).

BCSP Notes

Miami Dolphins, Arkansas-Pine Bluff NFL all-pro Terron Armstead, 33, elects to retire

MIAMI -- Dolphins offensive lineman **Terron Armstead** announced his retirement Saturday night, ending his decorated 12-year NFL career.

A third-round pick out of **Arkansas-Pine Bluff** by the New Orleans Saints in 2013, the Cahokia, Illinois, native set an NFL combine record for an offensive lineman with a 4.71-second 40 yard dash.

The five-time Pro Bowl standout signed a five-year, \$75 million contract with the Dolphins in 2022 and spent three seasons as the team's starting left tackle. During that span, he was named to two Pro Bowls and was a three-time team captain.

Armstead, 33, announced his retirement at a party he hosted Saturday night in Miami to celebrate his next chapter of his life, with several former teammates in attendance.

Armstead spent the first nine seasons of his career with the Saints before signing with Miami, where he immediately took on a veteran leadership role for a team in the midst of several coaching and roster changes.

While he was instrumental in the development of offensive lineman such as Austin Jackson and Patrick Paul, Armstead also proved to be influential for players on the other side of the ball, including 2024 first-round pick, defensive lineman Chop Robinson.

"Just getting an offensive perspective, especially against one of the greatest, just learning from him," Robinson said in August. "I go against him in practice, and he's doing things that I've never seen before from an O-lineman. He gave me tips on how I could work on that. I can't tell the tips, but it definitely worked."

Armstead's retirement leaves the Dolphins without a starting left tackle, although 2024 second-round pick Paul is expected to fill the vacancy. Miami coach Mike McDaniel told reporters at the NFL scouting combine in February that the team was operating this offseason as if Armstead would not return in 2025.

It also leaves Miami without two of the most respected voices in its locker room, after Calais Campbell signed with the Arizona Cardinals earlier this week.

Thirteen (13) former black college players on UFL rosters

Thru two games, **Jarveon Howard** of **Alcorn State** and **Chris Rowland** from **Tennessee State** are the former black college players amongst 11 such active players in the UFL that are among league statistics leaders.

Rowland, of the 2-0 DC Defenders, is currently fifth in yards per game with 209 total yards in two game (104.5 ypg.). He is tied for fourth in receiving yards (106, 53.0 ypg.) and tied for 12th with six receptions. Rowland is also sixth in kick return yards with 80 yards on three returns (26.7 ypr.).

Howard, of the 2-0 St. Louis Battlehawks, is ninth in yards per game at 78.5 ypg. with 157 in two games. He is also currently third in rushing yards with 128 in two games (64.0 ypg.).

UFL games in 2025 are broadcast on FOX, ABC, ESPN, ESPN2, and FS1.

ARLINGTON RENEGADES (2)			
#7	Marquette King	P	6'0" 192 Fort Valley State
#63	Ricky Lee	T	6'6" 305 North Carolina A&T
BIRMINGHAM STALLIONS (2)			
#73	Armani Taylor-Prileau	T	6'6" 308 South Carolina State
#70	Lachavious Simmons	G	6'5" 319 Tennessee State
DC DEFENDERS (3)			
#12	Chris Rowland	WR	5'8" 179 Tennessee State
#28	Darius Hagans	RB	5'11" 207 Virginia State
#23	Willie Drew	CB	6'0" 191 Virginia State
HOUSTON ROUGHNECKS (2)			
Davius Richard (Retired List)			
#24	Keenan Isaac	CB	6'3" 185 Alabama State
	Sean Brown	C	6'3" 320 Mississippi Valley State
MEMPHIS SHOWBOATS (1)			
#4	Dee Anderson	WR	6'5" 225 Alabama A&M
MICHIGAN PANTHERS (0)			
SAN ANTONIO BRAHMAS (1)			
#10	Justin Smith	WR	6'2" 180 Norfolk State
SAINT LOUIS BATTLEHAWKS (1)			
#41	Jarveon Howard	RB	5'9" 219 Alcorn State



Armstead setting record at Combine after UAPB career